

INTEGRATED MOVEMENT APPROACH

This approach integrates movement with all aspects of a preschooler's life by incorporating strategies such as **Active Navigation Routes**, **Active Play Corners**, **Brain Breaks** and **Integrated Learning**.

BRAIN BREAKS

Brain Breaks are short bursts of movement activities that EC educators can introduce in between lessons to help preschoolers refocus their attention. Below is an example of a brain break.



OBJECTIVE:

To impart preschoolers with the following skills:

- Spatial or relationship awareness
- Moving on different paths
- Use of personal or general space
- Relating to people and objects

HOW TO PLAY:

1. Let the preschooler or EC educator choose any colour.
2. The rest of the preschoolers in the class will need to find as many objects around the room that has this colour.

NOTE:

EC educators can consider

- For the activity to be done while the preschoolers are seated
- Selecting items from the classroom at a certain area
- Incorporating movement skills (i.e. crawling, tiptoeing)

Learn more about other movement strategies [here](#).